

# October 21-23, 2022



Sheraton Music City Hotel  
777 McGavock Pike  
Nashville, TN 37214

## Educating Fitness Professionals since 1991!

- **WHAT:** An annual convention for Fitness Professionals in and around the Nashville, Tennessee area providing quality fitness education.
- **WHO ATTENDS:** Group Fitness Instructors, Personal Trainers, Managers, Facility Owners, Teams and Fitness Enthusiasts
- **WHY:** To earn CECs through AEA, ACE, AFAA & NASM and further their education with additional skills and programming. To get certified in various fitness modalities.

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info@musiccityfitcon.com | www.musiccityfitcon.com | 800.322.2551

# Music City FitCon Schedule At A Glance - 10.21.22 & 10.22.22

## Group 1: Friday 10/21/22 7:00 am – 8:30 am

- 701 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Alex McLean
- 702 Reimagine Your Strength Program with Lamarr Smith
- 703 Core Movements with Kia Williams
- 704 Pilates and Fitness: Synergy within Modalities with Adia Callahan
- 705 FAI®: How to Launch or Jumpstart Your Business in 2022! with Dr. Dan Ritchie
- 706 The Aquatic Anomaly with Andrea Velazquez
- 707 AquaFITcation Power of OM with Jenni Lynn Patterson-LaCour

## Group 2: Friday 10/21/22 8:45 am – 10:15 am

- 708 Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea
- 709 Turn Back Time - Benjamin Button Programming: Nautilus Strength with Sonja Friend-Uhl
- 710 7 Skills Every Elite Trainer NEEDS to Have with Michael Hughes
- 711 5 Reasons to Do Tai Chi AND Offer it to Your Clients with Dianne Bailey
- 712 If You Build It They Will Come with Tori Lord
- 713 Drum Vibes with Andrea Velazquez

## FRIDAY PANEL 10/21/22 10:30 am – 11:30 am

- 714 Take Control of Your Career with Adia Callahan, Ellen de Werd, Tricia Murphy Madden & Lamarr Smith

## Group 3: Friday 10/21/22 12:30 pm – 2:00 pm

- 715 Schwinn® Cycling: Master Your One – Rule Yourself & Rock Your Room with Mindy Mylrea
- 716 The Ultimate Collaboration: Workouts with Purpose! with Aimee Nicotera
- 717 Apple Bottom! with Elizabeth Andrews
- 718 WARRIOR Strength™ with Ellen de Werd
- 719 Becoming the Go To Personal Trainer in your Area through Community Building with Matt Benvie
- 720 Love Your Body through Movement with Dani D. Fitness
- 721 S'WET™ Boot Camp with Jenni Lynn Patterson-LaCour

## Group 4: Friday 10/21/22 2:30 pm – 4:00 pm

- 722 Schwinn® Cycling: HIIT & Quit it! With Jenn Hogg
- 723 Welcome to the Jungle (Gym) Optimizing the HIIT Experience with Sonja Friend-Uhl
- 724 Principal of Progressive Overload powered by Savvier Fitness® with Lauren George
- 725 YogaCore with Kim Gray
- 726 FAI®: Exercise Program Design for the 55+ Client with Dr. Dan Ritchie
- 727 Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea
- 728 Liquid Star with Andrea Velazquez

## Group 5: Friday 10/21/22 4:30 pm – 6:00 pm

- 729 Schwinn® Cycling & Intelligent Cycling® present Prime Design 2.0 - Programming like a Pro with Jason Schneider
- 730 Bodyweight Workshop with Lamarr Smith
- 731 Tabata Bootcamp™ with Mindy Mylrea & Jenn Hall
- 732 Movement Play with Elizabeth Andrews
- 733 How to Run a Challenge in 2022: Increasing Client Results & Engagement with Matt Benvie
- 734 Becoming a Woman Entrepreneur with Dani D. Fitness
- 735 S'WET™ Silver with Jenni Lynn Patterson-LaCour

## FRIDAY NIGHT PARTY 10/21/22 7:00 pm

- The 3 C's of a Great Class Experience with Lauren George

## Group 6: Saturday 10/22/22 7:00 am – 8:30 am

- 736 Schwinn® Cycling & Intelligent Cycling® present Prime Design 2.0 - Programming like a Pro with Jason Schneider
- 737 E5 COLLECTIVE® - Loop Band Play with Aimee Nicotera
- 738 HIIT the Dance Floor Elizabeth Lenart and Lisa Reynolds
- 739 Why Restoration is the New Cardio with Michael Hughes
- 740 FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie
- 741 Transition to a Plant-Based Diet with Bruce & Mindy Mylrea
- 742 Drum Vibes with Andrea Velazquez

## Group 7: Saturday 10/22/22 8:45 am – 10:15 am

- 743 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion with Jenn Hogg
- 744 Cardio Coach Movement Assessment Workshop by Star Trac with Sonja Friend-Uhl
- 745 YogaLean with Beth Shaw
- 746 FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie
- 747 Leveraging Social Media to Grow Your Fitness Business with Lauren George
- 748 Dude Moves with Chris LaCour

## SATURDAY PANEL 10/22/22 10:30 am – 11:30 am

- 749 Leveraging Community within the Fitness Industry with Adia Callahan, Elizabeth Andrews, Alex McLean & Kia Williams

## Group 8: Saturday 10/22/22 12:30 pm – 2:00 pm

- 750 Schwinn® Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Jenn Hogg
- 751 Leaps and Bounds: JumpSport® Athletic Training™ with Sgt. Ken®
- 752 Pumped Up Strength® with Lauren George
- 753 WARRIOR Rhythm™ with Ellen de Werd
- 754 FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie
- 755 Wellness for Fitness Professionals with Adia Callahan
- 756 Liquid Gym Tool Kit with Andrea Velazquez

## Group 9: Saturday 10/22/22 2:30 pm – 4:00 pm

- 757 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean
- 758 Purpose NOT Circus - Legit HIIT with Abbie Appel
- 759 Fierce Fusion Fest with Jenn Hall
- 760 Healing Trauma with Yoga with Beth Shaw
- 761 4+1 ways to Incorporate Tai Chi into your Business with Dianne Bailey
- 762 NO SESSION
- 763 B.Y.O.B. (Build Your Own Brand) (Lecture Only) A.J. Meyers

## Group 10: Saturday 10/22/22 4:30 pm – 6:00 pm

- 764 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Abbie Appel
- 765 Let Me See You Bounce: JumpSport® AMRAP Challenge™ with Sgt. Ken®
- 766 Cardio Dance powered by Savvier Fitness® with Elizabeth Lenart & Lisa Reynolds
- 767 Pilates Principles for ALL Fitness Professionals with Adia Callahan
- 768 The 8 Strands of the Brocade with Dianne Bailey
- 769 Redefining Your Fitness Identity and Intuitive Programming Blueprint with Lamarr Smith
- 770 AQUA Combat with Andrea Velazquez

**To Register: [www.musiccityfitcon.com](http://www.musiccityfitcon.com) | 800.322.2551 | [info@musiccityfitcon.com](mailto:info@musiccityfitcon.com)**

**2 Day Registration** This registration includes all classes Friday October 21 to Saturday October 22, 2022. You have the opportunity to earn 12-17 hours of continuing education credits dependent on session selection.

**Cost: \$199.00 by 8/31/22 | \$239.00 by 9/20/22 | \$269.00 by 10/10/22 | \$299.00 ONSITE**

## Post Conference Certifications - Sunday 10.23.22

8:00 am – 2:00 pm **Functional Aging Specialist Workshop with Dan Ritchie** Cost: \$199.00 before 9/30/22 / \$249.00 after 9/30/22

7:00 am – 11:00 am **HIIT Just Got Real Certification with Sonja Friend-Uhl** Cost: \$99.00 before 9/30/22 / \$129.00 after 9/30/22

8:00 am – 12:00 pm **Pumped Up Strength® with Lauren George** Cost: \$129.99 before 9/30/22 / \$149.99 after 9/30/22

7:00 am – 4:00 pm **Schwinn® Cycling: Indoor Cycling Instructor Certification with Abbie Appel** Cost: \$169.00 before 9/30/22 / \$199.00 after 9/30/22

9:00 am – 5:00 pm **S'WET™ Instructor Training with Jenni Lynn Patterson-LaCour** Cost: \$225.00 before 9/30/22 / \$250.00 after 9/30/22

9:00 am – 3:00 pm **Tai Chi Instructor Training with Dianne Bailey** Cost: \$279.00 before 9/30/22 / \$299.00 after 9/30/22

9:00 am – 5:00 pm **WARRIOR Strength™ Instructor Training with Ellen de Werd** Cost: \$149.00 before 9/30/22 / \$199 after 9/30/22